

# FALL FITNESS

Indoor and Outdoor Fitness Classes have limited spots, sign up during pre-registration to reserve your seat!

This year our Fall Fitness session will run for 8 weeks at a flat rate of **\$25**. Classes will begin on **September 8th and end on October 30th**. Any Monday class will run for 7 weeks due to two holidays. Monday classes will run from September 14<sup>th</sup> to November 2<sup>nd</sup> (7 weeks).

For this session, we will be having pre-registration due to a 13-participant minimum for class to run and everchanging state guidelines.

**Pre-register in-person on August 20<sup>th</sup> at 23 Clark Rd between 9am-1pm (rain date August 24<sup>th</sup>).** Masks required. We will have a registration tent. **Cash, Check or Spring Credit Preferred.** Payments will be processed on September 3 after class size requirements are confirmed.

**Pre-register online or by phone starting August 20<sup>th</sup> at 9am.** [www.myactivecenter.com](http://www.myactivecenter.com) or call us at (978) 623-8320.

Registration for classes will end September 2<sup>nd</sup>. At least 13 people must register for the class or else the class will be cancelled.

No "make-up" classes will be offered.

## ANDOVER • ELDER SERVICES

### New Classes

Keep an eye out for our special 4-week trial classes in November.

We will introduce new and fun exercise classes.

### Contact Information

23 Clark Rd  
Andover, MA  
978-623-8320

Email Kelly or Caren with questions:  
[Kelly.mackay@andoverma.us](mailto:Kelly.mackay@andoverma.us)  
[Caren.connor@andoverma.us](mailto:Caren.connor@andoverma.us)

## Zoom Classes: No maximum participants.

**Strength and Cardio with Tracy:** *Tuesdays at 10:00am on Zoom.* A fun energizing total body class that focuses on low impact cardio and muscle strengthening exercises. Improves functional movement and balance for everyday life activities.

**Beginner Yoga Level 2 with Patricia:** *Wednesdays at 10:00am on Zoom.* Starts with yoga breathing, standing and doing warrior poses to improve balance. Then sitting in chairs or on the floor to improve body alignment and flexibility. Finish with a meditation to soft music. Namaste.

**Strength and Cardio with Tracy:** *Thursdays at 10:00am on Zoom.* A fun energizing total body class that focuses on low impact cardio and muscle strengthening exercises. Improves functional movement and balance for everyday life activities.

**Strength Training with Barbara:** *Fridays at 8:30am on Zoom.* Concentrates on toning muscles, building endurance, and improving balance by using free weights, bands, and balls. We warm up and stretch at the start of class and end with a cool down and more stretching.

## Outdoor Classes: 25 Maximum Participants.

**Men and Women in Motion with Denise:** *Mondays at 8:00am Town Hall Lawn.* A well-balanced functional exercise class for active older adults. The class includes cardio vascular fitness to improve aerobic capacity, as well as strength training to combat decreased muscle mass, common with the aging population, and flexibility and stretching to improve range of motion. Agility drills help improve coordination and reaction-time. Balance, gait, and core exercises are beneficial for fall prevention.

**Men and Women in Motion with Denise:** *Wednesdays at 8:00am Town Hall Lawn.* A well-balanced functional exercise class for active older adults. The class includes cardio vascular fitness to improve aerobic capacity, as well as strength training to combat decreased muscle mass, common with the aging population, and flexibility and stretching to improve range of motion. Agility drills help improve coordination and reaction-time. Balance, gait, and core exercises are beneficial for fall prevention.

**Line Dancing with Val:** *Thursdays at 8:30am TBD.* Love to dance? This class is for you! Dances are geared for beginner to intermediate level. A great way to get some exercise and meet new people. Routines are reviewed each week with new routines being added as we progress.

## Indoor Classes: 13 Maximum Participants.

**Advanced Yoga for Beginners with Patricia:** *Mondays at 1:30pm 23 Clark Rd.* This is for students with some yoga experience, but is gentle. You can use a chair to assist you and/or the floor for sitting and lying down for stretching and final meditation. This is a flowing yoga which moves from standing warrior poses to chair or floor. This is a fun & casual class.

**Sit and Get Fit with Denise:** *Tuesdays at 1:30pm 23 Clark Rd:* This class begins seated and progresses to standing for those who are able to. The focus is on building functional strength, flexibility and balance, all while having a good time!

**Energize and Exercise with Andrea:** *Wednesdays at 3:00pm 23 Clark Rd.* For those who prefer an afternoon workout, come join us for a fun combination of cardio moves and strength training. You may need: hand weights, a band and a good pair of sneakers!

**Tai Chi with Meg Holmes:** *Thursday at 8:30am.* Tai Chi is a Chinese Martial Art that has also been recognized as a mind/body practice promoting health and wellness. This course is for everyone – from the new beginner to the advanced practitioner. The instructor will introduce the Yang Style 24 Form and provide opportunities for ongoing students to review and improve what they know.

